



San Joaquin County Public Health Services

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FOR IMMEDIATE RELEASE

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PREPARE FOR VERY HOT WEATHER AND PROTECT YOUR HEALTH *STAY COOL, STAY HYDRATED, STAY INFORMED*

STOCKTON, CA (June 16, 2017) – Summer is here and so is the hot weather! “Very high or unusually hot temperatures can lead to sickness or even death, if precautions are not taken,” advises San Joaquin County Public Health Officer, Dr. Alvaro Garza. Most vulnerable are the elderly, those who work, exercise or live outdoors, infants and children, people without adequate air conditioning, and people with a chronic medical condition such as heart or respiratory ailments. Other high risk conditions include obesity, fever, dehydration, poor circulation, sunburn, and prescription drug and alcohol usage.

Dr. Garza urges everyone to be prepared for sunny, hot weather by considering these necessary precautions to prevent serious health effects such as heat exhaustion or heat stroke:

Stay cool

- Stay in air-conditioned buildings. If you do not have air conditioning, go to a friend’s or family member’s house with air conditioning; visit a public place such as a library, shopping mall, or community center. Visit the website and social media of San Joaquin County Office of Emergency Services at <http://www.sigov.org/oes/>, to find out if there is an air-conditioned shelter that may be open in your area.
- Limit outdoor activity, especially during the hottest part of the day, and avoid direct sunlight.
- Wear loose, lightweight, light-colored clothing. Wear sunscreen and shade yourself by using an umbrella or wearing a wide-brimmed, breathable hat.
- Take cool showers or baths or use moist cloths to lower your body temperature.
- Place a desk fan directly in front of you and use a spray bottle of water to cool yourself.
- Cover windows that receive heat from morning or afternoon sun with curtains, shades, awnings, or louvers (outdoor awnings or louvers can reduce the heat that enters a home by up to 80 percent).
- Keep electric lights off or turned down.
- Minimize use of your oven and stove.
- Never leave children or pets inside a parked vehicle or in direct sunlight, even for a few minutes.

Stay hydrated

- Drink lots of liquids, especially water, even before feeling thirsty. Avoid alcohol or beverages (including energy drinks) containing high amounts of sugar or caffeine, which can cause dehydration.
- Drink from two to four cups of water every hour while working or exercising outside.
- Make sure your family, friends and neighbors are drinking enough water, too.

Stay informed

- Listen to local news and weather forecasts and stay aware of upcoming temperature changes, extreme heat warnings and safety tips so you can plan activities safely when it’s hot outside. Keep your friends, family and neighbors aware of weather and heat safety information, too. Sign up to receive free weather alerts on your phone or e-mails from www.weather.com/mobile.

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- Visit the San Joaquin County Office of Emergency Services website, <http://www.sigov.org/oes/>, and social media for up-to-date local information.
- Discuss heat safety precautions with members of your household. Have an emergency and communications plan for wherever you spend time—home, work and school (refer to BePreparedCalifornia website at www.bepreparedcalifornia.ca.gov/Pages/Home.aspx).
- Plan ways to look after those who are more vulnerable (e.g. the elderly, young, those living alone or have medical conditions) in your family and neighborhood. Make sure that they are well, cool and hydrated as they are more likely to become victims of excessive heat and may need help.
- Know the signs/symptoms and first aid response for heat-related illnesses:

Heat Exhaustion Symptoms	What You Should Do
<ul style="list-style-type: none"> • Heavy sweating • Weakness • Skin cold, pale, and clammy • Weak pulse • Fainting and vomiting 	<ul style="list-style-type: none"> • Move to a cooler location. • Lie down and loosen your clothing. • Apply cool, wet cloths to as much of your body as possible. • Sip water. • If you have vomited and it continues, seek medical attention immediately.
Heat Stroke Symptoms	What You Should Do
<ul style="list-style-type: none"> • High body temperature (above 103°F)* (*104°F taken rectally is the most accurate) • Hot, red, dry or moist skin • Rapid and strong pulse • Possible unconsciousness 	<ul style="list-style-type: none"> • Call 911 immediately — this is a medical emergency. • Move the person to a cooler environment. • Reduce the person's body temperature with cool cloths or even a bath. • Do NOT give fluids.

Additional tips for how to stay safe and what to do during an extreme heat-related emergency are available at the following sites:

- San Joaquin County Public Health Services, http://www.sicphs.org/Disease/Heat_Emergencies.aspx
- San Joaquin County Office of Emergency Services, <http://www.sigov.org/oes/>
- San Joaquin County Office of Emergency Services, <https://www.facebook.com/sicoes>
- San Joaquin County Office of Emergency Services, https://twitter.com/XSJ_OA
- California Department of Health Services (CDPH), <http://www.bepreparedcalifornia.ca.gov/Pages/Home.aspx>
- U.S. Centers for Disease Control and Prevention (CDC), <http://www.cdc.gov/extremeheat/>
- National Weather Services, <http://www.nws.noaa.gov/om/heat/index.shtml>

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- 3 Attachments: *It's Hot Outside/Hace Calor Afuera* (CDC Brochure in English/Spanish)
Fast Facts - Preventing Summer Heat Injuries (CDPH Fact sheet)
Climate Change & Extreme Heat (CDC Infographic)

HEAT EXHAUSTION

Heavy sweating
Weakness
Cold, pale, clammy skin
Fast, weak pulse
Nausea or vomiting
Fainting

WATCH FOR THE SIGNS

Seek medical care **immediately** if you have or someone you know has symptoms of heat-related illness. Warning signs and symptoms vary but may include:

High body temperature
(above 103°F)*
Hot, red, dry or moist skin
Rapid and strong pulse
Possible unconsciousness

HEAT STROKE

*104°F taken rectally is the most accurate

IT'S **HOT** OUTSIDE!

Extremely hot weather can cause sickness or even death.

STAY COOL. Stay in air-conditioned buildings as much as possible and avoid direct sunlight.

STAY HYDRATED. Drink plenty of water and don't wait until you're thirsty to drink.

STAY INFORMED. Stay updated on local weather forecasts so you can plan activities safely when it's hot outside.

KNOW WHEN IT'S HOT!

Sign up to receive free weather alerts on your phone or e-mails from www.weather.com/mobile

SAN JOAQUIN COUNTY
Public Health Services
Healthy Future

www.cdc.gov/nceh/extremeheat

IT'S **HOT** OUTSIDE!

STAY COOL.
STAY HYDRATED.
STAY INFORMED.



Centers for Disease
Control and Prevention
National Center for
Environmental Health

Check on the **elderly**, or people aged 65 years or older, to make sure they are safe by staying cool, hydrated, and informed.

People with a chronic medical condition are less likely to sense and respond to changes in temperature. Also, they may be taking medications that can intensify the effects of extreme heat.

During an extreme heat event, check on at-risk friends, family, and neighbors at least twice a day. Encourage them to:

- Check on a friend or neighbor, and have someone do the same for you.
- Avoid using the stove or oven to cook.
- Wear loose, lightweight, light-colored clothing.

FOR MORE INFORMATION

www.cdc.gov/nceh/extremeheat

WHO NEEDS SPECIAL CARE?

The elderly, people with a chronic medical condition, children, homeless or poor, outdoor workers, and athletes are most at-risk to heat sickness.



Most cities offer cooling centers or other air-conditioned shelter to the **homeless or poor** during times of extreme heat.

Never leave **infants or children** in a parked car.

Nor should **pets** be left in parked cars—they can suffer heat sickness too.



Athletes and people who exercise in extreme heat are more likely to become dehydrated and are more likely to get heat sickness.

- Limit outdoor activity, especially mid-day when it is the hottest part of the day.
- Schedule workouts and practices earlier or later in the day to avoid mid-day heat.
- Pace activity. Start activities slowly and pick up the pace gradually.
- Drink from two to four cups of water every hour while exercising. Muscle cramping may be an early sign of heat sickness.

STOP
all activity and get to a cool environment if you feel faint or weak.

People who work outdoors are more likely to become dehydrated and are more likely to get heat sickness.

- Drink from two to four cups of water every hour while working. Don't wait until you are thirsty to drink.
- Avoid alcohol or liquids containing large amounts of sugar.
- Wear and reapply sunscreen as indicated on the package.
- Ask if tasks can be scheduled for earlier or later in the day to avoid midday heat.

AGOTAMIENTO POR CALOR

Sudor copioso
Debilidad

Piel fría, pálida, húmeda y pegajosa
Pulso rápido o débil
Náuseas o vómitos
Mareos o desmayos

RECUERDE LOS SIGNOS DE ADVERTENCIA

Busque atención médica **inmediata**, si usted o alguien que conoce tiene síntomas de enfermedad por calor. Los signos de advertencia pueden variar pero incluyen los siguientes:

Alta temperatura corporal
(más de 103°F)*

Piel caliente, enrojecida,
seca o húmeda

Pulso rápido y fuerte

Posible pérdida del conocimiento

GOLPE DE CALOR

*104°F medida con termómetro rectal, es más precisa

¡HACE CALOR AFUERA!

Las temperaturas extremadamente calientes pueden causar enfermedades y hasta la muerte.

MANTÉNGASE FRESCO.

Permanezca en edificios con aire acondicionado tanto como sea posible y evite la exposición directa al sol.

MANTÉNGASE HIDRATADO.

Beba suficiente agua y no espere a tener sed para tomar agua.

MANTÉNGASE INFORMADO.

Infórmese sobre el clima local para que pueda planear actividades seguras si hace calor afuera.

¡ENTÉRESE SI HARÁ CALOR!

Consulte las noticias locales para enterarse de alertas de calor extremo y consejos de seguridad.

SAN JOAQUIN COUNTY
Public Health Services
Healthy Future

www.cdc.gov/nceh/extremeheat

¡HACE CALOR AFUERA!

MANTÉNGASE FRESCO.

MANTÉNGASE HIDRATADO.

MANTÉNGASE INFORMADO.



Centers for Disease
Control and Prevention
National Center for
Environmental Health

Esté pendiente de las **personas mayores**, o de 65 años de edad o más, para asegurarse de que están bien, y se mantienen frescos, hidratados e informados.

Las personas con una afección crónica tienen menos probabilidad de sentir y reaccionar a los cambios de temperatura. Además, pueden estar tomando medicamentos que pueden empeorar el efecto del calor extremo.

En épocas de calor extremo, esté pendiente de amigos, familiares y vecinos que pueden estar a riesgo, visitándoles o llamándoles dos veces al día. Recomiéndeles que:

- Estén pendientes de algún amigo vecino y pidan a alguien que haga lo mismo por ellos.
- Eviten usar la estufa o el horno para cocinar.
- Usen ropa ligera, de color claro y que no apriete.

PARA MÁS INFORMACIÓN:

www.cdc.gov/nceh/extremeheat

¿QUIÉNES NECESITAN ATENCIÓN ESPECIAL?

Las personas de edad avanzada, las que tienen afecciones crónicas, las que no tienen hogar o son pobres, los trabajadores al aire libre y los deportistas tienen un mayor riesgo de sufrir enfermedades por calor.



La mayoría de las ciudades cuentan con centros para refrescarse u otros refugios con aire acondicionado para las **personas pobres o sin hogar** durante épocas de calor extremo.

Nunca deje a **bebés o niños** en un auto estacionado.

Tampoco deje a las **mascotas** en los autos estacionados ya que también pueden sufrir de enfermedades por calor.



Los deportistas y las personas que hacen ejercicio en condiciones de calor extremo tienen más probabilidad de deshidratarse y enfermarse por el calor.

- Limite las actividades al aire libre, especialmente durante el mediodía cuando hace más calor.
- Programe los ejercicios y las prácticas temprano o más tarde en el día para evitar el calor del mediodía.
- Controle el ritmo de la actividad. Empiece despacio y aumente la intensidad poco a poco.
- Beba de dos a cuatro vasos de agua cada hora mientras está haciendo ejercicio. Los calambres musculares pueden ser una señal temprana de enfermedad por calor.

Las personas que trabajan al aire libre tienen más probabilidad de deshidratarse y de enfermarse por calor.

- Beba de dos a cuatro vasos de agua cada hora mientras está trabajando. No espere a tener sed para beber agua.
- Evite las bebidas alcohólicas o con mucho azúcar.
- Aplíquese filtro solar y reaplíquelo según las instrucciones del envase.
- Pregunte si puede realizar sus labores más temprano o más tarde en el día para evitar el calor del mediodía.

PARE
toda actividad y diríjase a un sitio fresco si se siente débil o mareado.

Fast Facts



CALIFORNIA DEPARTMENT OF PUBLIC HEALTH

PREVENTING SUMMER HEAT INJURIES

Summer heat waves can be dangerous. Older people are at the highest risk. People normally cool their bodies by sweating, but under some conditions, sweating isn't enough. Very high body temperatures may damage the brain or other vital organs. Some conditions that can limit the ability to regulate temperature include old age, obesity, fever, dehydration, heart disease, poor circulation, sunburn, and drug and alcohol use. Summertime activity, whether on the playing field or the construction site, must be done in a way to aid the body's cooling mechanisms and prevent heat-related illness.

Protecting Against Heat Injuries

To protect your health when temperatures are extremely high:

Drink Plenty of Fluid -Increase your fluid intake regardless of your activity level. During heavy exercise in hot weather, drink 2-4 glasses (16-32 ounces) of cool fluids each hour. Consult with your doctor if you have been prescribed a fluid-restricted diet or diuretics. During hot weather, you will need to drink more liquid than your thirst indicates. This is especially true for those over 65 years of age. Avoid very cold beverages to prevent stomach cramps or drinks containing alcohol, which will actually cause you to lose more fluid.

Replace Salt and Minerals -Heavy sweating removes salt and minerals from the body, which are necessary for your body and must be replaced. The best way to replace salt and minerals is to drink fruit juice or a sports beverage during exercise or any work in the heat. Do not take salt tablets unless directed by your doctor. If you are on a low-salt diet, ask your doctor before changing what you eat or drink.

Wear Appropriate Clothing and Sunscreen -Wear as little clothing as possible when you are at home. Choose lightweight, light-colored, loose-fitting clothing. In the hot sun, a wide-brimmed hat will keep the head cool. Sunburn affects your body's ability to cool itself and causes a loss of body fluids. It also causes pain and damages the skin. A variety of sunscreens are available to reduce the risk of sunburn. Check the sun protection factor (SPF) number on the label of the sunscreen container. Select SPF 15 or higher and follow package directions.

Pace Yourself -If you are unaccustomed to working or exercising in hot weather, start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, stop all activity, get into a cool or shady area, and rest, especially if you become lightheaded, confused, weak, or feel faint.

Stay Cool Indoors -The most efficient way to beat the heat is to stay in an air-conditioned area. If you do not have an air conditioner or evaporative cooling unit, consider a visit to a shopping mall or public library for a few hours. Do not rely on electric fans as your primary cooling device during a heat wave. When the temperature is in the high 90s or higher, a fan will not prevent heat-related illness. A cool shower or bath is a more effective way to cool off.

Schedule Outdoor Activities Carefully -If you must be out in the heat, plan your activities so that you are outdoors either before noon or in the evening. While outdoors, rest frequently in a shady area.

Use a Buddy System - When working in the heat, monitor the condition of your coworkers and have someone do the same for you. If you are 65 years of age or older, have a friend or relative call to check on you twice a day during a heat wave. If you know anyone in this age group, check on them at least twice a day.

Monitor Those at High Risk -Those at greatest risk of heat-related illness include:

- infants and children up to four years of age;
- people who overexert during work or exercise;
- people 65 years of age or older;
- people who are ill or on certain medications; and
- people who are overweight.

If you or someone you know is at higher risk, it is important to drink plenty of fluids; avoid overexertion; and get your doctor or pharmacist's advice about medications taken for high blood pressure, depression, nervousness, mental illness, insomnia, or poor circulation.

Adjust to the Environment -Be aware that any sudden change in temperature, such as an early summer heat wave, will be stressful to your body. You will have a greater tolerance for the heat if you limit your physical activity until you become accustomed to the heat. If traveling to a hotter climate, allow several days to become acclimated before attempting any vigorous exercise, and work up to it gradually.

Use Common Sense -Avoid hot foods and heavy meals; they add heat to your body. Do not leave infants, children, or pets in a parked car. Bring your pets indoors with you to protect them. Dress infants and young children in cool, loose clothing and shade their heads and faces with hats or an umbrella. Limit sun exposure during the midday hours and in places of potential severe exposure, such as beaches. Ensure that infants and children drink adequate amounts of liquids. Give your outdoor animals plenty of fresh water, leave the water in a shady area, and consider wetting the animal down.

Heat Stroke and Heat Exhaustion

Two common problems are heat stroke and heat exhaustion. Heat stroke occurs when the body becomes unable to control its temperature. The body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Body

temperature may rise to 106°F or higher. Heat stroke can cause death or permanent disability if emergency treatment is not given. Heat exhaustion is the body's response to an excessive loss of water and salt contained in sweat. Those most prone to heat exhaustion are elderly people and people working or exercising in a hot environment.

Warning signs of heat stroke vary but may include:

- an extremely high body temperature (above 103°F, orally);
- unconsciousness;
- dizziness, nausea, and confusion;
- red, hot, and dry skin (no sweating);
- rapid, strong pulse; and
- throbbing headache.

Warning signs of heat exhaustion vary but may include:

- heavy sweating;
- muscle cramps;
- weakness;
- headache;
- nausea or vomiting; and
- paleness, tiredness, dizziness.

What to Do

If you see any of these signs, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the victim:

- Get the victim to a shady area.
- Cool the victim rapidly using whatever methods you can. For example, immerse the victim in a tub of cool water; place in a cool shower; spray with cool water from a garden hose; sponge with cool water; or if the humidity is low, wrap the victim in a cool, wet sheet and fan him or her vigorously.
- Monitor body temperature, and continue cooling efforts until the body temperature drops to 101-102°F.
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- Do not give the victim alcohol to drink.
- Get medical assistance as soon as possible.

Sometimes a victim's muscles will begin to twitch uncontrollably as a result of heat stroke. If this happens, keep the victim from injuring himself, but do not place any object in the mouth and do not give fluids. If there is vomiting, make sure the airway remains open by turning the victim on his or her side.

These self-help measures are not a substitute for medical care but may help you recognize and respond promptly to warning signs of trouble. Your best defense against heat-related illness is prevention. Staying cool and making simple changes in your fluid intake, activities, and clothing during hot weather can help you remain safe and healthy.

CLIMATE CHANGE & EXTREME HEAT



Extreme heat events, or heat waves, are a leading cause of EXTREME WEATHER-RELATED DEATHS in the United States and the number of heat-related deaths is rising!



WHO'S AT RISK?



Adults over 65, children under 4, people with existing medical problems such as heart disease, and people without access to air conditioning

WHAT CAN YOU DO?



STAY COOL

- Find an air-conditioned shelter
- Avoid direct sunlight
- Wear lightweight, light-colored clothing
- Take cool showers or baths
- Do not rely on a fan as your primary cooling device



STAY HYDRATED

- Drink more water than usual
- Don't wait until you're thirsty to drink more fluids
- Avoid alcohol or liquids containing high amounts of sugar
- Remind others to drink enough water



STAY INFORMED

- Check local news for extreme heat alerts and safety tips
- Learn the symptoms of heat illness

LEARN MORE!

Visit CDC's Environmental Public Health Tracking Network to learn more about climate change and extreme heat at

www.cdc.gov/ephtracking

